DEPARTMENT OF THE NAVY

COMMANDER
NAVY REGION, MID-ATLANTIC
6506 HAMPTON BLVD.
NORFOLK, VA 23508-1273

IN REPLY REFER TO:

COMNAVREGMIDLANT/SOPA
(ADMIN) HRINST 1710.3
PM Support Services

29 JAN 2001

COMNAVREG MIDLANT/SOPA (ADMIN) HAMPTON ROADS INSTRUCTION 1710.3

Subj: NAVY REGIONAL RUNNING AND TRIATHLON PROGRAM

Ref: (a) COMNAVPERSCOM ltr 1710 PERS-651 of 5 Oct 00

Encl: (1) Navy Regional Running and Triathlon Program Team
Application

1. <u>Purpose</u>. To establish standard operating procedures for the
COMNAVREG MIDLANT Navy Regional Running and Triathlon Team in
accordance with reference (a), and to feature Navy personnel who
are positive examples of the Navy's new fitness culture. Also, to
provide positive public relations for Navy recruiting.

2. <u>Background</u>. The Navy Regional Running and Triathlon Team for
the Mid-Atlantic Region is established to showcase Navy athletes as
positive role models to promote long distance running as a
competitive sport and healthful exercise. The program will be used
to enhance the Navy's readiness, retention, and recruiting.

3. <u>Eligibility</u>. Active Duty Sailors within the Norfolk area (Mid-
Atlantic Region and other bases and ships in the Norfolk area),
afloat and ashore, who meet and maintain at least the minimum
standards for their particular running or triathlon event.

4. <u>Policies and Procedures</u>. The teams will consist of 50 athletes
(25 men and 25 women) with final composition and selection to be
made by the Regional Coordinator. To become a team member, one
must have competed in a sanctioned event at the local regional
level and with a time that is top ten for regional times for Navy
personnel. The marathon component will field 10 athletes (5 men
and 5 women), the 5/10K component 20 (10 men and 10 women) and
there will be 20 triathletes (10 men and 10 women). Regional
qualifying times will be established for acceptance on the team.
Of the 50 athletes, 36 will be selected based on qualifying times
in regional events; factors are finishing time, place in age
division, and/or overall finish. Marathon and triathlon scores may

be considered from events outside of the area, however, they must be verifiable for consideration. Qualifying times must be three months current for the 5/10K and 6 months for triathlon and marathon. The remaining 14 team positions will be "lottery" selectees—those who have qualifying times at the lower end of their discipline, but are eager to compete and will represent the region well. Moreover, this would prevent the team from being looked upon as "elitist." The numbers break down as follows:

Discipline	Qualified	Lotteries
5/10K team	14	6
Triathlon	14	6
Marathon	8	2
Total	36	14

Athletes must compete in a minimum of three region-approved events per year, and will be selected to the team for one calendar year. Submissions for the upcoming year will be accepted on 1 October with current team members allowed to resubmit. Runners/Triathletes can only compete in sponsored events for which they have met qualifying marks. The suggested qualifying marks are as follows: (may be modified by Regional Coordinator)

	REGIONAL QUALIFYING TIMES		ALL NAVY QUALIFYING TIMES	
EVENT	MEN	WOMEN	MEN	WOMEN
5K	19:00	24:00	16:00	20:00
10K	34:00	46:00	31:00	42:00
Marathon	3 hrs:30 min	4 hours	2 hrs:45 min	3 hours
Triathlon (Olympic distance)	2 hrs:30 min	3 hours	2 hours	2 hrs:28 min

5. Submission Procedures. Submissions will be accepted on enclosure (1) signed by the Commanding Officer/Executive Officer or "By direction." Regardless of the position, all applicants must include their recent times (within three or six months) that are applicable to the position for which they are applying. All submissions will be accepted between 1-14 October (2-15 January 2001 for 2001 team). The team will be announced the first week of November (February for 2001 team) to allow for ample time to organize the team and select the competition schedule. Letters will be submitted to either the Regional Coordinator or Assistant Regional Coordinator. The Regional Coordinator is Mr. Dave

Rockinson, Morale, Welfare and Recreation Director, Dam Neck Site, Naval Air Station Oceana at (757) 492-6264.

6. Potential Regional Races

    a. For the 5/10K Team

        (1) Naval Station Norfolk Open 8K

        (2) Elizabeth River Run 10K

        (3) Hampton Bay Days 10K

        (4) Alltel 10K

        (5) Shamrock 8K

        (6) Azalea Festival 8K

        (7) Neptune Festival 8K

    b. For the Marathon Team:

        (1) Richmond Marathon

        (2) Marine Corps Marathon

        (3) Shamrock Marathon

        (4) Fraternal Order of Police Virginia Beach 10 Miler

        (5) Norfolk Half Marathon

        (6) Distances Series 20/25/30K races Ft. Story

    c. For the Triathlon Team:

        (1) Breezy Point Sprint/Triathlon

        (2) Sandman Sprint/Triathlon

        (3) Bay Sprint—Ft. Monroe

        (4) Colonial Beach Olympic (East of Fredericksburg)

        (5) Raleigh Durham Half Ironman

     (6) Xterra Richmond Off Road Olympic

7. <u>Incidentals and Logistical Support</u>. The regional team may be
provided the following logistical support: uniforms for
runners/triathlon team members, race entry fee/registration for
approved races, ground transportation for and to regional events,
and lodging expenses. All incidental and logistical support
requests will be submitted to the Navy Regional Mid-Atlantic
Running and Triathlon Team Coordinator 30 days prior to any event.

8. <u>Suggestions and Comments</u>. Suggestions and comments must be
directed to the Navy Regional Mid-Atlantic Running and Triathlon
Team Coordinator.

                    S. E. BARKER
                    Chief of Staff

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